



INDICATOR: Nutrition and Exercise

Threshold: A raw score of 5 or below identifies nutrition/exercise problems.

Specific indicators:

- Evidence of inadequate nutritional intake
- Change in weight and /or physical weakness
- Change in exercise habits

Does the patient:

- report change in weight, stamina, or exercise regimen?
- present as underweight, overweight, or lethargic?
- have sufficient resources (money, food bank access, and transportation) to maintain adequate nutritional status?

- Consult with MD/Interdisciplinary team to explore appropriate parameters for physical exercise.
- Contact social worker/case worker in local community for coordination of referrals.
- Use internal resources (PEF, NCI supplement, FOCC, CC funds, Institute funds, etc.).*
- Educate Interdisciplinary Team re: patient's nutritional/exercise concerns.

Interventions:

- Recommend referral to CC dietitian for comprehensive nutrition assessment.
- Identify local/national resources to help patient financially with accessing food resources.

* Refer to *SWD Orientation Manual* and *SWD Policies and Procedures Manual* online for appropriate criteria and use of internal resources.



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